



The Newsletter of Kol HaEmek (Voice of the Valley)
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536
Please note all submissions preferred by the 20th of each month to carolrosenberg@sbcglobal.net

April 2006
Nisan 5766

Schedule for April & Special Events in May

Saturday, April 1, 8:00pm - Fiddler on the Roof,
Mendocino College

Friday, April 7 - Shabbat Service with R. Shoshanah followed by a dairy potluck supper. Our hosts will be Linda & David Koppel. Come and hear our travelers to Israel tell of their impressions.

April 2, 9, 23, and 30, 10-12 noon - Shul School
(April 16 class has been cancelled.)

Thursday, April 13, 6:30pm - **Community Seder**
at the Shul; for reservations call Carol at 463-8526.
Suggested donation is \$15.00 adults - \$10.00 children.

Friday, April 21 - Shabbat service with R. Shoshanah; baby naming ceremony for **Samantha Ruth**, born 2-24-06 to Andea Silverstein and Dennis Patton, followed by a veggie potluck

Tuesday, April 25, 6:30pm - Yom Ha Shoah, Program for young people (11+) & their parent's, etc.

Saturday, April 22, 10:00am - Aaron Sunbeam's Bar Mitzvah at the Assembly of God Church, 395 N. Barnes St. Ukiah

Thursday, April 27, 7pm - "Anti-Semitism in our Lives" - Part of the Spring series of classes, with Rabbi Shoshanah

Friday, April 28 - Rock Shabbat! Potluck at 6:30 - Music starts at 7:15 - this will be a blending of some of our favorite traditional Jewish and Klezmer fare with soul, funk and blues traditions. Bring your favorite Jewish music for us to learn and play, and an instrument (optional). We want to sing, dance and enjoy a musical Shabbat together. For more information contact Anthony Melville or Sara Esserman at 744-1494/ saramelville@pacific.net

Saturday, May 21 - The very famous Doug Cotler Concert & Kol ha Emek BarB-Que! Do not miss this event!!!

Rabbi Shoshanah's Classes this Spring

Thursday, April 27, 7pm - Anti-semitism in our Lives - After a brief historical overlook at the history of anti-semitism, we'll have the opportunity to share our personal stories of the anti-semitism we've experienced in our own lives or that of our immediate families. We will also look at alternative modes of responding to such incidents. This evening follows Yom HaShoah, Holocaust Memorial Day, by just two days and was prompted by the anti-semitic letter received by a Ukiah High student this winter.

Thursday, May 11, 7pm - "Healing of Soul, Healing of Body/Refuat HaNefesh, Refuat HaGuf" - a Healing Circle especially for those who themselves yearn for their own healing and/or for caregivers. This will be an entire evening dedicated to healing, with song, prayer, guided meditation, and opportunity for individual sharing. Access the sources in Jewish tradition which promote healing for you and those your care for. Those who participated in our first Healing Circle in February are encouraged to attend a repeat gathering.

Wed, June 7, 7pm - "Oy, Have I Got a Joke to Tell You!" Do you love to tell jokes? Or laugh at them? Good ones and bad ones? PC and not PC? Come share your collection of Jewish jokes and let's laugh and groan together! Admittance fee: at least one joke to swap.

Torah Portions & Holidays

April 1 - Vayikra - Leviticus 1:1
April 8 - Tzav - Leviticus 6:1
April 12 - Erev Pesach
April 13 - 2nd Seder at Kol HaEmek
April 13 - 20 Pesach
April 15 - (CH" M) Haftarah Ezekiel 37:1-14
April 22 - Shimini - Leviticus 9:1 Earth Day
April 25 - Yom HaShoah (27 Nisan, 5766)
April 29 - Tazria-Metzora - Leviticus 12:1

Condolences to the friends and families of Dr. Hyman "Rudy" Rudoff and Josephine C. Campbell Rudy died on February Feb. 27, 2006 and Josephine two days later, March 1, 2006.

We will remember Rudy's stories, and photographs and Josephine's quiet intelligence and friendship. May their memories be a blessing.

Sinai Memorial Chapel

We are happy to announce that we have received notification of 2006 Subvention grant to Kol Ha Emek from the Sinai Memorial Chevra Kaddisha Fund. We have been receiving on-going support to our educational programs for several years. Their grant two years ago resulted in establishing our film program. Our first grant from them supported Harvey Frankel's outreach program.

They have also sent us applications for their "Next Step" program. This is a weekend at Camp Tawonga May 19-21 for families that have experienced loss through death. Applications are at the Shul. Call (415) 543-2267 or www.tawonga.org



Donations to Kol HaEmek

Make a Difference

Kol HaEmek is grateful for all contributions to our various funds. The following is a list of some of them.

- 1) Building Fund
- 2) Religious School Fund (Kalifornia Memorial)
- 3) Scholarship Fund
- 4) General Fund
- 5) Memorial Board Fund
- 6) Tzedakah Fund
- 7) Rabbi's Discretionary Fund
- 8) The Marion and Sanford Frank Fund for Feeding the Hungry in Ukiah & Willits
- 9) Feeding the Jewish and Arab hungry in Acre, Israel*
- 10) **MEMBERSHIP**

Questions? Call David Koppel 485-8910

Please mail your contributions to:

**Kol HaEmek, P.O. Box 416
Redwood Valley, CA 95470**

*Make your check payable to PEF:

Israel-Endowment Fund and earmark it to the Association for Community Development - Acre; HaAsif program. (There is a \$25 minimum requirement for checks to Israel).

PASSINGS

Our congregation will say Kaddish on the anniversary of your loved one's death. Call Rabbi Shoshanah at 467-0456 with your concerns about the loss of a loved one and/or the name and either the Hebrew or English calendar date of death.

Dictionary:

Pesach - Passover

Chametz - leavened foods **not** for passover

Seder - the passover service and meal

Z'roah - shankbone

Karpas - vegetable for spring + saltwater for tears

Matzah - unleavened bread

Maror - bitter herbs (horseradish)

Charoset - paste of apples & nuts

Khazeret - lettuce

Baytzah- roasted egg for the Seder Plate

Korech sandwich of maror and charoset

Come to our Seder and learn more!----->

Dear Kol HaEmek Fellow Board Directors,

This letter is a follow-up to my verbal report at our last Board Meeting, March 7, 2006.

Please accept this letter as a formal resignation from the position of President of the Board of Directors; Mendocino County Jewish Community/ Inland Family aka: Kol HaEmek.

I will be happy to remain in my position through June 30, 2006 or until a new President is elected and ready to begin.

I will be happy to remain on the Board to complete my current term. I am interested in pursuing regional outreach with other Jewish Communities. I look forward to the educational and spiritual growth potentials for myself and our community while doing this.

It has been a tremendous growth period for me during these past years, especially the last year. Thank you, again, for trusting in my ability to maintain my commitment to you and our community during this past year.

Warm regards and may we all continue in fulfilling KHE's mission,

Nancy Moilanen,
President, KHE

Community Seder

We will celebrate a family friendly Passover Seder conducted by Rabbi Shoshanah on Thursday, April 13, 2006, 6:30pm at our shul. The committee is preparing and serving a traditional, catered dairy meal. We are able to accommodate up to 40 people.

Please call Carol Rosenberg to reserve a place for you and your family. The suggested donation is \$15 for adults and \$10 for children. We need to receive your donations by April 9th.

GARDEN REPORT

What a winter! So many trees to plant, and so few dry days!!!! However, one by one, the trees are going in, with some looking happier than others.

Did you see how sweet the olive trees look? There's still time to plant more!

Someone offered to donate a memorial fruit tree. *I lost that email, so PLEASE email me again!!!!!!*

Please contact me if you know about carob trees.

I think that spring will hit us with a sunny wallop and we'll have plants growing like crazy. Future Shul flowers are emerging in my greenhouse. I've been pulling up blackberries gradually and finding it to be an incredibly satisfying activity.

I hope to be at the Shul every Sunday a.m. to work on the garden, so please join me for fun & exercise!

Our springtime needs include:

- *Mowing, mowing, and more mowing
- *pulling out weeds and blackberries
- *planting flowers
- *more hypericum, rosemary, and other drought-resistant shrubs & groundcover
- *obtaining and spreading more wood chips
- *starting our Meditation Garden when the shed is moved!
- *Shul Irrigation Day will be in May, to get more lines in for the summer. If you have experience with irrigation, please all to volunteer. We need your help.*

SHALOM

Louisa 485-1290 midnite@pacific.net



REFLECTIONS ON A TU B'SHEVAT RETREAT

By Jan Stephens

I attended the Tu B'Shevav Retreat in February at the Mariposa Institute in Ukiah because I wanted to develop my meditation practice. Also, because I have many "Jew-Bu" friends who identify with being Buddhist and Jewish and I wanted to find out what that was all about. It was interesting to observe and experience where the two traditions dovetail and overlap.

Buddhism, which is not deity oriented, and Judaism, which is deity oriented, do indeed share a common ground of at-one-ness, of unity, whether it be One G-d or being at One with One's self and others. Meditation focusing on the breath is one way to experience the Oneness of life. I surprised myself by enjoying the meditations without peeking at my watch and have since been able to integrate a daily practice into my life.

Another wonderful tool that I came to enjoy was the practice of bowing. In Judaism, there are certainly ingrained taboos and laws regarding bowing to others, but this was bowing not to a person, but rather to the spirit in each person, that is, part of the One. Namaste. The bowing was also a wonderful tool in group conversation to signal when one wanted to speak and when one was finished speaking. This practice helped me to control my tendency to interrupt when someone pauses.

The retreat also presented some challenges for me. I found the silent meals to be difficult; meal time means time for socializing, and the concept of eating as meditation was foreign to me. The bells were a delight and at times a challenge. The bell to signal the end of meditation was a good signal, but I had a challenge waiting for the bell to signal when it was time to finish massaging my legs and then for another ring to get up after meditation.

I loved the services that Shoshanah led at the retreat. It was refreshing to see her through the eyes of the participants who have never experienced Jewish prayer and service, and through the eyes of the Jewish participants from out of the area. I have always appreciated and loved Shoshanah, and this only made me appreciate her even more. We are blessed to have her as our rabbi.

I could go on, and tell you about the Tu B'Shevav Seder, which was wonderful, but I want to leave some room to share a reflection from my friend, Rick Zarlow, who came to the retreat from the Bay Area with his wife and my dear friend, Evelyn Poates.

COMMUNITY, TORAH, JOY AND NOBLE SILENCE

By Rick Zarlow

I found myself laughing with the sun this morning, loving the now and remembering the weekend with fondness. A very special survivor Torah from a Czechoslovakian town, about the size of Ukiah, was brought for us to use by Rabbi Shoshanah, and we read from Parsha Yitro together in the quiet intimacy of the large wooden yurt. "I will lift you up on eagle wings, and bring you back to me--you will be my precious ones, for all the earth is mine and you will be a sacred family, in touch with the divine, forever, for all time."

Dipping into Torah at this particular time of my life, at this particular part of the story, in this particular way, huddled around it in close community, touching it and touching each other, and kissing it and passing the kiss to Evelyn, makes my spirit shine bright. Sometimes this postmodern urban Jew can experience the world through cultivated earth sensibility, yearning to connect with the timeless oneness of ancient ancestors.

One part of the Talmud says that it is a mortal sin to lift one's eyes from the study of Torah to admire a tree. This reflects what Martin Buber called "a thousand-year heritage of strangeness to nature." I wrestled with what that means to me, and what it means about what I do and who I am. I know others did too, in their own manner and way. Toward the end of the last day, Rabbi Nachman of Bratzlov was remembered for saying that if a person truly looked for God in nature they would find her in every corner of creation.

We lived in harmonious and loving Buddhist community for a few days. We had a beautiful Shabbos, and wonderful Tu B'Shevav seder. Paying attention to the trees as they awaken from winter rest, I could almost feel the flow of renewed life. We listened to teachings of Thich Nhat Hanh and Rebbe Nachman and Rabbi Shoshanah. We imagined ourselves being trees, and I learned that my special tree is the broad reaching Bay in my back yard. We sat together in silent meditation, struggled with eating in silence, walked out of doors in awareness, built a talking fire, sang and shared, and stood in the sun--welcoming its friendly warmth on a frosty winter day.



Cassie's Angels (March 19th group) make lunches for the Ukiah area hungry.

l to r - Penny, Dan, Tal, Steve, Judy, Lucy, Norm, and Cassie

From the Prez's Desk:

I just put away the last stack of Purim papers. We did have ourselves a "Party"! Big and little queens, princesses, kings, soldiers and miscellaneous dressers filtered in all day long. We sang, shouted, noshed, laughed and hugged. It was yet, another day to celebrate our freedoms and take the time to examine the evils of which human beings are capable.

The combination of Valley Chai-Lite and Purim was a successful surprise. We still are not done counting, but I am sure that we netted close to \$7K. That's a DARN good profit considering our ratio to spending: With expenses of approx. \$250 = 1/28!

So, we were very successful. I want to thank two specific women who worked tirelessly on both projects: Elizabeth Raybee and Robin Sunbeam. Other hard-working volunteers were Jan Stephens, Carol Rosenberg, Nancy Merling, Dan Hibshman, Tal & Helen Sizemore, Hillel and Isa Posner, Louisa Aronow (and Purim players), Divora Stern, Elisa Moilanen, Sara Esserman (soon to be Melville) and David Vilner. Thank you to everyone who helped to make VC-Lite and Purim come alive...volunteers and participants....we all did this together!

I've had an idea on my mind for a bit. It's about establishing a "drop-in"-style group-teaching Yiddish Class. We would all teach what we know...and enjoy some of the stories which go along with the vernacular. Maybe run a series of 2x monthly for 6 months. Maybe ask for a \$3 donation to KHE per class. Even if there are 6 folks who show up...that's \$18 a session...that's perfect. Or \$36 a month...and \$216 for the 6 months. If more folks show...we'll break into smaller fun groups. It seems to me that many of us know some Yiddish. And, it seems to me that many of us have Yiddish stored way back in our brains. Time to bring it forward...don't you think? It's a rich part of our heritage. Let's speak more Yiddish. Let's teach each other what we know. And, let's share what we know with those who did not have this non-assimilating spice in their back-grounds. I have not taken this idea to the Board yet...but plan to do so soon. What do you think? Would you participate? Call or write me: nancybeth615@yahoo.net or 459-4039.

In memory of Dr. Hyman Rudolph

Rudy was a gentleman of great intelligence, dignity, and spiritual strength.

About about three years ago, he appeared at a meeting on contamination at the Remco plant in Willits to offer appropriate--and badly needed--scientific information.

More recently, I recall driving him home from a Kol HaEmek event at a time when he had lost much of his vision. He gave me driving directions based on having memorized the time it took to drive certain distances and the motion of the car making a turn.

At home, he declined to seek my help in walking to the door and proceeded on his own, walking slowly and very erect, aided by his cane. He also told me how wonderful it was to know Yiddish and offered to teach me. Wish I had had the sense to take him up on it.

May we all appreciate one another more in the face of the shortness of the hour.

Miriam

In Blessed Memory

Dr. Hyman "Rudy" Rudoff

passed away: February Feb. 27, 2006

For those of you who knew Rudy, you knew that he had a beloved partner, Josephine C. Campbell.

Josephine passed two days later, March 1, 2006.

Rudy's stories, photography and the gifts of himself will be missed by Kol HaEmek members.

May their memories be a blessing

Nancy Moilanen

Welcome and Mazel tov!

Samantha Ruth born 2-24-06

to Andea Silverstein and Dennis Patton
(baby naming Fri. 4/21 at the shul, see p.1)

Adam Paz born 3-1-06

to Lani Loewenstein and Daniel Paz

May they grow to be

a joy and a blessing to their parents.

*May our community reach out with love,
to protect, educate and guide these precious ones.*

**Kol HaEmek would like to thank the following donors
for contributing to our Valley Chai Raffle and the Purim Silent Auction:**

Karina McAbee, L.Ac., OMD
Laurie Spence & Dale Harrison
Law Office of Norman G. Rosen
Lustre Jewelry & Gem Co.
Magruder Ranch
Marc Komer Legal Document Assistant
Mario's Ristorante Italiano
Mark Bauman
Mary Farkas
Adina Merenlender & Kerry Heise
Louisa Aronow
Elisa Moilanen
Isa & Hillel Posner
Alan Sunbeam
All Of The Above - Cassie Gibson
Barry Vogel
Carol Goldberg, CPCC Life Coach
Charlie Seltzer
David & Linda Koppel
Dennis and Andrea Silverstein
dig! music
Divora Stern, LCSW
Doug Cotler
Elly Simmons
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Fred & Gloria Meltz
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Heidi's Yarn Haven
Hoyman Browe Studio
Ileya Tropics
Mark The Tea Guy
Mary Farkas
Maya Schwartz
Mendocino Book Company
Mendocino Bounty
Miriam Raphael
Nancy Merling
Nancy Moilanen
North State Cafe
Organic Attire
Pacific Herb & Acupuncture Clinic
Real Goods Solar Living Institute
Ricochet Ridge Ranch
Robin Sunbeam & Alan Sunbeam
Salon 309 - Cindi Barr
Salon 309 - Marlene Freedman
Shambhala Ranch
Thanksgiving Coffee Co.
The Flour Mill
Three Sisters
Ukiah Music Center
Villa Del Mar

In addition, we would like to thank the tireless volunteers who helped to make this Purim a success:

Louisa Aronow
Dan Hibshman
David Koppel
Joan Levin
Nancy Merling
Divora Stern
Elizabeth Raybee
Helen Sizemore
Tal Sizemore

Nancy Moilanen***
Elisa Moilanen
Isa Posner
Hillel Posner
Sara Esserman
Carol Rosenberg
Robin Sunbeam
Sigrid White

*** Extraordinary Chairperson

Dear KHE Chaverim,

Back in Ukiah and sitting at the computer at 4 am (thanks to jet lag), I offer "hodot l'Adonai," great thanks to God for the safe completion of a very wonderful trip to Israel. Our group included David and Linda Koppel, Stuart and Tara Marcus, and Alan Levy from Kol HaEmek, and folks from Redding, Portland, Ashland, and Phoenix. We had two boys along, one eleven and one almost eleven, who became very dear to us all and were an integral part of our tour (one's father had been brought to Israel when he was pre-Bar Mitzvah by his father). Both of them had younger siblings who'd stayed at home for this trip. Another fellow was a return traveler from a tour that I had guided and my co-leader, Rabbi Jackie Brodsky, had organized back in 1998. Meanwhile, he'd participated in two "compassionate listening" trips to Israel/Palestine and Lebanon/Syria, so his insights enriched ours along the way. And we discovered that, just like any group of Jews ("two Jews, three opinions"), those in our tour (including R. Jackie and me) didn't always agree on our understandings of history and politics in this region, which made for lively discussions as we viewed the beautiful sites of the country.

We lucked out with a wonderful bus driver, Uri, who was born on a Negev kibbutz, then moved with his parents to a moshav (cooperative community) in the center of the country, and today lives with his family in Jerusalem. His father was born in Latin America of Russian background, and his mother was born in the Land of Israel of Moroccan background - "kibbutz galuyiot" (ingathering of the exiles) right there. And although Uri doesn't speak English, he has a daughter living in Ft. Lauderdale and a brother who lived and died in Los Angeles. We ARE the wandering Jews - which we saw graphically during our visit to the Museum of the Diaspora, which depicts where and how Jews have lived over the past 2000 years. Uri, by the way, did not wear a kipa, yet told me he lays tefillin each morning; he fasted while driving on Taanit Esther, the fast day leading up to Purim, and he went to orthodox services on Shabbat at EnGedi, before running up to the top of a nearby desert ridge that same day. This is what Israelis call "masorti" (traditional), i.e., observing Jewish practice without being dogmatic about it.

En Gedi was a gorgeous oasis in the desert, and the group loved being in this environment of luxuriant greenery and flowers backed by rugged desert cliffs and overlooking the Dead Sea. We held our own Shabbat services in the synagogue after the earlier ones had finished (moving aside the mehitzah dividing men and women), and who knows, this may have been the first time that a woman (yours truly) has read from the Torah at this site, which was especially awesome, since an ancient En Gedi synagogue (from Roman/Byzantine times) has been dug up next to the modern kibbutz.

For me, part of the glory of our trip was revisiting places that I so love but that I hadn't been to for years - walking down Massada once again, walking silently (part of the optional morning prayers) through a desert canyon to the spring of En Avdat in the Negev (followed by camel riding and lunch in a Beduin tent), hiking to a waterfall on the Golan, swimming and actually doing a mikveh in the Kinneret. I was also glad to bring the group to meet firsthand with folks from the Association for Community Development in Acco, beneficiaries of our Kol HaEmek tzedakah project in Israel. And I was happy to finally meet Ruti and Avraham, about whom I've heard so much since coming to Mendocino County. We visited them in their home surroundings at Kibbutz Gonen, and they and our Kol HaEmek reps rejoiced in the reunion.

For me, this trip was a first at integrating the rabbi/tourguide sides of myself, as well as the current American (Californian)/Israeli sides of myself. It was interesting for the Kol HaEmek folk as well as for me to see how differently I sometimes behaved and expressed myself in Israel than I usually do here in Mendocino County - different persona coming to the fore in different environments. What I have given you here is just a taste of a few of the highlights of our journey - to hear more, come to Kabbalat Shabbat on Friday, April 7 when the Koppels and Alan Levy will give you their firsthand accounts. Stuart and Tara won't be back yet, but Stuart is aiming to give a slide show after they return. The intensity and success of our trip has certainly charged my batteries; integration on the deepest levels is yet to come; may Kol HaEmek and Israel bear the fruit of that.

B'shalom oovrachah, Shoshanah



Kol HaEmek/MCJC-Inland
P.O. Box 416
Redwood Valley, CA 95470



Our purpose is to create an environment in which Jewish culture, religion and spiritual life can flourish; to perpetuate and renew our Jewish connections with ourselves and our homes, within our community and the world.

Our Mission is to express and support Judaism in the following ways:

- To provide a space for religious study and prayer
- To share life cycle events through meaningful Jewish traditions
- To offer and sponsor Jewish education for all ages
- To be inclusive of all partnership and family configurations
- To include interfaith families and Jews-by-choice
- To network with other Jewish communities
- To educate and share our culture with other Mendocino County residents
- To be a foundation for *tikkun olam* (healing of the world) as a community through socially just actions and education, and by mitzvot (good deeds)
- To offer membership in exchange for financial and other contributions, and allow all to participate regardless of ability to pay

Kol HaEmek Information & Resources

Kol HaEmek	468-4536
Board Members:	
Nancy Moilanen, President	459-4039
David Koppel, Treasurer (Financial committee)	485-8910
Carol Rosenberg, Secretary	463-8526
Divora Stern	459-9052
Nancy Merling (Rabbi's Council)	456-0639
Bill Ray	459-5850
Dan Hibshman	462-7471
Alan Acorn Sunbeam	463-8364

Open Seat

Address changes (e-mail, etc): contact David Koppel davekoppel@yahoo.com or call (485-8910)

Brit Milah: Doctors willing to do circumcisions in their office or in your home: Robert Gitlin, D.O. (485-7406);

Sam Goldberg, M.D. (463-8000); Jeremy Mann, M.D. (463-8000); Sid Mauer, M.D. (463-8000),

Chanan Feld, Certified Mohel (510-524-0722). **Assistance with the ceremony, contact the Rabbi**

Chevra Kadisha (Jewish Burial): Eva Strauss-Rosen (459-4005); Helen Sizemore (462-1595)

Community Support: *If you need help (illness, family crisis) or you can be called on when others need help;*

in Willits, call Divora Stern (459-9052); In Ukiah, Tal Sizemore (462-1595); Lake County (Volunteer needed, call a board member)

Editor of the Shema: Carol Rosenberg, Dan Hibshman & Tal Sizemore (carolrosenberg@sbcglobal.net)

Interfaith Council: Cassie Gibson (468-5351) (Food preparation for homeless in Ukiah)

Jewish Community Information and Referral: Bay Area activities and services (415) 777-4545 or toll free at (877) 777- 5247.

Library: At Vogel & Rosen Law Offices, 280 N.Oak St., Ukiah

New Members: Nancy Moilanen (459-4039)

Publicity: (*Volunteer needed, contact a board member*)

Rabbi's Council: assists with community and calendar planning; **liaison** - contact Nancy Merling, grandnan@saber.net (456-0639)

Rabbinical Services/Special Ceremonies: Rabbi Shoshanah Devorah, 467-0456, sdevorah@earthlink.net

Use of Torah/Siddurs: Schedule ahead of time with a board member.

Tzedakah Fund (Financial Assistance): David Koppel (485-8910)